

Team Work Makes the Dream Work



(From top left) Anna Watson, Sue McCarthy, Elizabeth Albert, Alexis Nash, Kari Garon, Monique Liston, Milan Outlaw, Amber Glembin and Briana Newkirk

Dear students,

It's challenging to read anything in addition to textbooks and coursework during the school year but it's vital to designate you-time to stay mentally well.

Reading and writing just for *you*. It is therapeutic and reestablishes the self. From 1994 to 2000 the WRC produced a quarterly print newsletter called "Women in Focus." There's quite a gap between then and now but staying close to the UWM community is a priority to us. With that we joyously present our first issue of "Women Rebuilding Community."

-WRC Staff

New staff
Simone Smith!



"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed it is the only thing that ever has."

--- Margaret Mead

Coffee Talk

It's Friday at noon. Lounge seats, office chairs, and cylinder cushions circle the Women's Resource Center, eager to be filled by some of UWM's great minds. Over 10 women, some new and some familiar, gather in with a warm hum of hellos and greetings.

Briana, the office manager at the WRC, arranges freshly brewed coffee, creamer, and a pot of hot water with an assortment of tea in the middle of the middle of the group. Hands around the room clutch warm cups -- now Coffee Talk is ready to begin!



On the first Friday of each month from noon to 1:30pm Coffee Talk meets to provide a "safe space" for UWM women, faculty and staff to unwind. The group shares joys and challenges, with an emphasis on women graduate student support.

Coffee Talk is presented by the Graduate School and the Women's Resource Center in response to the inevitable struggles balancing life and higher



Two participants engaged in October's Coffee Talk

The discussion is open and free flowing with encouragement and guidance. Amber Tucker, graduate student and positive leader at UWM, alongside a new guest each month, prompt the discussion, listening and sharing their perspectives with words of strength.

When October's session of Coffee Talk adjourned, Electrical Engineering Visiting Research Professor Elham Nazemosadat said that Coffee Talk helped her. "I got my confidence back," Nazemosadat said. "I'm happy."

Paulene Raoul, a student in the Masters of Social Work program, echoed that sentiment.

"I feel very supported and a whole lot more confident...being a graduate student on a new campus."

See you at the next Coffee Talk,
Friday November 7, 12-1:30pm at our center WG93. Have a warm cup of coffee and release some of your stress among others who can relate.

What we've been up to...



LEADHER

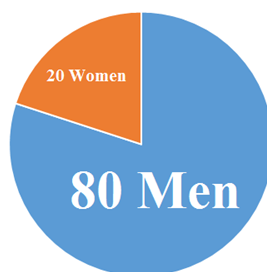
“We LeadHer to build sisterhood, conquer gender inequity, and become leaders!” Monique Liston, Assistant Director of the WRC and Rachel Leih, Assistant Director of SAPS introduced LeadHer to the UWM Campus this month. Over 30 participants applied to join this new program for women with the potential to lead and want the tools to succeed.

Women-identified students make up 51% of the UWM student population which mirrors the nation’s population. Yet, according to the Center for Women and Politics, women currently hold less than 20% of congressional seats, despite composing a majority of the US population. Although this misrepresentation of women in national leadership is hugely a structural problem, programs like LeadHer fight this disparity and recognize the leader in all women.

**U.S. House of
Representatives**
435 seats



U.S. Senate
100 seats



Center for American Women and Politics, 2014

LeadHer is a year-long program that meets Monday evenings. Calling the leader inside out to the forefront the program boosts potential through experience and teaching. Public speaking skills, budget development, and a host of other opportunities will be presented to this group of LeadHers.

This new program’s seed was planted last spring and sprouted through the collaboration of University Housing, Student Association Professional Staff, Union Marketing, and the Women’s Resource Center.

Monday, Oct. 6, at Leader’s kick-off the 13 selected LeadHers were proudly presented! Keynote speaker Associate Vice Chancellor of Global Inclusion and Engagement, Dr. Joan Prince said “I wish I would have had this when I was here,” during her remarks.

Prince stressed the importance of seizing opportunities despite possible fear of rejection or feelings of inadequacy. “You don’t have to have it all to lead,” Prince said. “You have to have compassion, a listening ear, and consistently be willing to learn.”

LeadHer participant and nursing student Monique Wright was ready for the opportunities to come. “I’m still looking to get my feet wet,” Wright said. “I’m all for women’s empowerment.”

Prince enthusiastically shared her leadership experiences, which spans from UWM to the United Nations. She urged the newly-minted LeadHer cohort to join the ranks of municipal, state, regional, national and international leadership.

Prince seemed confident in LeadHer and the woman-identified student leadership at UWM, mentioning that UWM was invited to a leadership luncheon. “I told them to hold the tables,” Prince said. “I’ll get the women leaders.”

Although Prince and other leaders like her on campus are admired, she implored audience members to look to the self for inspiration. “Don’t be in awe of others. Be in awe of your own leadership.”



LeadHer Planning Committee

Highlighted Events

October is **Breast Cancer Awareness Month** and the WRC has partnered with UWM Athletics for **PinkOut Games** to raise awareness and funds to address women's health issues on campus and in the greater UWM community.

WEAR PINK AND ADMISSION IS JUST \$1!
UWM STUDENTS ADMITTED FREE



MILWAUKEE PINK OUT

Friday, Oct. 17 Women's Volleyball vs. Wright State 7 p.m. Klotsche Center	Saturday, Oct. 18 Women's Soccer vs. Oakland 12 p.m. Engelmann Stadium	Friday, Oct. 31 Swimming & Diving vs. Wright State 5 p.m. Klotsche Natatorium
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RECEIVE A COMMEMORATIVE PINK T-SHIRT WITH A DONATION



Tuesday, October 21

7:00pm - 9:00pm

UWM Union Ballroom

Free and open to the public

A riveting courtroom drama where the AUDIENCE is the JURY. The case is not a simple "she said, he said." There are twists and turns that keep the audience on their toes especially a bout class, race, and religion. #YouDecide For more information, contact Warren Scherer, Inclusive Excellence Center: 229-7234 / wscherer@uwm.edu. Sponsored by Cultures & Communities, Sociocultural Programming and Student Life.

I Do Not Have the Right Kind of Cancer

I do not have the right kind of cancer. The cancer I have is not talked about. It's not glamorous. It's messy, embarrassing, and it kills more people than breast cancer. This year 11,210 more people will die from colon cancer than breast cancer. Colon cancer, however, is not something people want to talk about. It causes problems that people do not want to think about, and often the solution is something people don't even know about. I didn't.

I didn't have a clue. Colon cancer is found almost evenly between men and women. More surprisingly, 9 out of 10 people who have this are over 50, making it hard to understand where I fit in. Less than one percent of people with colon cancer are between ages 20-34. I was diagnosed at 21.

I often don't understand why there's so much time and money spent promoting breast cancer. It's not that I don't support breast cancer research, but why breast cancer? Why can we not just look for a cure for *cancer*? Why is it when a disease can kill hundreds of thousands, we create a hierarchy of cancers? Why are breasts the posterchild for cancer?

A week before my birthday I had my first surgery. My colon was removed and I was given an ileostomy for the next four months. An ileostomy is a surgical opening constructed by bringing a piece of the small intestine to the surface of the skin through the abdomen wall. Intestinal waste passes out of the ileostomy and is collected into a pouching system stuck onto the skin. I spent 11 months in and out of the hospital, never going a week without a visit.

I had not had a real job in almost a year and my savings were completely depleted. With debt collectors calling me every day, I decided to look into finding aid.

I turned to the Internet hoping to find something to help me pay my bills. I was disappointed to learn there was nothing. Why? Because I did not have the right kind of cancer. I was the wrong age, lived in the wrong area or had the wrong skin color.



2013 Excellence in Journalism Award

Best editorial or commentary

About this Article

Christmas time advocates kindness and selflessness yet are these not qualities we should exercise year round? Awareness months and days can seem a lot like this. National/global recognition and focused attention on an issue has impact. Yet it is also vital to give these issues attention year round and not ignore important causes that do not have a month dedicated to it. In the same vein, the article below is an award winning piece brought to our attention by our newest staff member Simone Smith. Last year Simone's JAMS 201 student Kayla Massey submitted an essay that touches on the chilling reality that some causes, although equally important, are left in the shadows of other more "trendy" causes. Now we share it with you.



Photo credit: Springhillmedicalgroup.com

ABC news described colon cancer as 'icky.' Thoughts like that hinder education on colon cancer. My senior year at the Milwaukee Institute of Art and Design, my life became my thesis; I photographed every aspect of what I went through. The photo of my ileostomy provoked feelings of disgust and horror. People couldn't stand it and asked me to leave it out of my project. The image became a center of controversy, despite its function being unknown.

I never regret my ileostomy. That procedure saved my life, but it not being widely known or accepted hurts. The fact that colon cancer can kill so many people yet is overlooked because it is not glamorous is absurd. Cancer is something serious and I hope people will not forget that.

Kayla Massey, 2013.

From our students...



Intersections Films & Sister Talk

WRC's alternating Wednesday programs

You walk down the hall and begin to feel nervous. You've never done this before and you have no idea what to expect. It's hard enough juggling your schedule, so you hope this meeting isn't a waste of time. But, you've had a lot on your mind this past few days and it would be nice to unwind!

Students pass you by with idle conversations and you give a disinterested smile as you continue down the hall. Finally, you've reached your destination. As you slowly turn the doorknob, you're immediately taken by what you see, warm smiles greet you as laughter illuminates the room.

"Hi, and welcome to Sister Talk". This may turn out to be a good idea after all.

Sister Talk is a bi-weekly, empowerment group for UWM women students to meet and discuss academics, career, love, relationships, success and life through open and honest dialogue. On alternate Wednesdays Intersections Women and Multicultural Film Series is held at the same time and place.

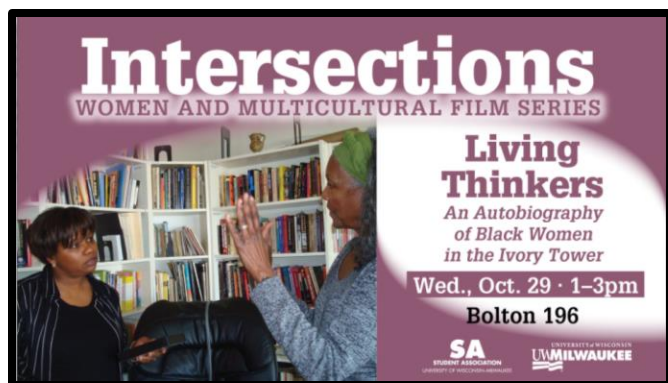
Sister Talk and Intersections offers a safe space where women-identified persons can show up, be seen for who they are and have courageous conversations that really matter. Our mission to help students (faculty and staff) to tackle obstacles that often get in the way of creating the life we desire.

Both Sister Talk and Intersections are led by Alexis Nash and Milan Outlaw, student staff of the UWM Women's Resource Center. The group occasionally has new guest hosts such as the Reproductive Justice Collective who presented and had participants each decorate their own paper uterus!



Still, we encourage participants to set the tone for activities and conversations by sharing topics of interest or project ideas; this allows us to present something refreshing and new each meeting. In addition, the theory of sharing affords participants the opportunity to engage more effectively in the purpose of Sister Talk and Intersections. These programs provide a greater sense of support through sharing of information and networking with others.

We understand that life can seem a bit overwhelming, so we are here to encourage, celebrate, and support one another. Sister Talk's targeted audience is women of color, but the prevailing purpose of both programs is to bring all women-identified persons together for enriching conversations and new experiences. We hope you join us!



Check out the next film!



**Our next Sister
Talk is
Wednesday,
October 22,
2014.**

See you there!

What we've been up to...

Love Your Body Day

Originally, I had this article all planned out that explicitly laid out every aspect of society that teaches us to hate our bodies. Too big, too small, too narrow, too curvy... we are taught that there is *always* something to be improved.



Photo credit: One Tree Hill

I'm sick of focusing on that. Wednesday October 13 we celebrated and recognized "Love Your Body Day" in the Bolton Breezeway alongside our friends from the LGBT Center, Nutritional Science Club, and Norris Health Center's Peer Mentors. We do this annually to help teach people how to love their bodies regardless of what society says. But after Wednesday, we don't focus enough on it. We forget about it until the next year rolls around.

There are some outlets that target "body acceptance," but it's too often focused on "big is beautiful," or "thin is in." Both of those perpetuate the idea that one body and one body type is better than another. Let's throw out those ideals and focus on our own unique individuality—one of the ideals that make this a beautiful world to live in.

After all...none of us are apples, pears, hourglasses, or... newspapers. We are unique, individual creatures with so much more potential than to aspire to mirror the shape of a fruit or other arbitrary shapes.



Celebrate YOUR body. Celebrate EVERY body.

Campus Connections

Need someone to talk to? Take advantage of these great on-campus resources.

Women's Resource Center

414.229.2852

wmncntr@uwm.edu

Services: support, counseling,
advocacy, and referral

Norris Health Center

414.229.4716

nhc-help@uwm.edu

Services: support, counseling,
advocacy, and referral

UWM Fitness Center

414.229.0533

Services: call to connect with a
UWM's Registered Dietician to
learn how to best meet your
nutritional needs.

Health and Wellness...

Don't Forget to Vote!

Does one vote *really* matter?

"My vote doesn't matter." Imagine 20 individuals believe this. How about 10,000? Collectively that *one* vote snowballs quickly into numerous nonvoters – numerous silenced voices. Students -- your vote DOES matter. **Tuesday November, 4** get to your polling location and use your power!

Acceptable Voter IDs



WISCONSIN

Voting Voter

Current or expired no earlier than 11/6/2012

- Driver's License
- WI ID Card issued by DMV (free)
- Military ID
- U.S. Passport

Unexpired

WI Driver's License receipt or
WI ID receipt issued by DMV
(valid for 45 days)



The Vital Issues

Education. The foundation of society. Cutting funding for education is building a house on sand and then wondering why the house fell down. Let's invest in our home and educate our people. Well supported education builds a smart, responsible, and flourishing community. Milwaukee deserves this. **You** deserve this.

Jobs. "What do you want to do after college?" Many students fear the barista bachelor's degree or worse a masters in McDonald. There is no shame in hard work wherever you do, but the educated should be rewarded not sentenced to a life of student loan debt.

Respect. Vote for representatives you feel respect you and what you care about. Whether it is women's reproductive health, transportation, the war on drugs, or taxes.

Your vote is your voice in these monumental issues are you going to waste it?

Make it a Party

You've heard of the Democratic Party, the Republican Party maybe even the Guns & Dope Party, but what about a voting party? Why should going to the poll be a chore? Celebrate exercising your right. Let's make this November a family affair or a reason to get together with friends. Transform the "one vote doesn't matter" logic into "I voted and I brought a friend."

**Try a pot luck, games,
and ridesharing!**

Thank you for reading!

**We love feedback,
suggestions, and
contributions**

Contact Amber for more info | aglembin@uwm.edu

"Women Rebuilding Community" is a collaborative effort of Team WRC and was put together by Briana Newkirk and Amber Glembin.

A special thank you to Simone Smith and Alexis Nash for their help and contributions.

UWM Women's Resource Center

Student Life

Union WG93

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